

Office of Food and Nutrition Services

Nutritional Standards

Revised 2/15/2012

District of Columbia Public Schools (DCPS) food service operations, including vendors contracted for purposes of food service in DCPS schools, shall abide by the following nutritional standards in serving any school meals, snacks, and a la carte items.

Product-Specific Standards

- Foods listing sugar as the first or second ingredient may not be served (excludes naturally occurring sugars);
- Fish shall be offered at least three times per month; and
- Pizza (includes calzone, Stromboli, flatbread, breadstick) may only be served in middle schools once per week and may only be served in high schools twice per week.

Meat & Protein Standards

All meat and protein that is served in schools by OFNS, or by vendors contracted by OFNS, shall meet the following criteria:

- Meat must be lean and contain no more than 10% fat by weight per serving when pre-cooked;
- All meat and meat products must be sound, sanitary, and free of objectionable odors or signs of deterioration;
- Meats and proteins must not be fried at any point during their processing;
- Processed fish must not contain more than five hundred milligrams of sodium per serving;
- Eggs must be USDA Grade A; and
- Vegetarian protein options must be included in the primary reimbursable meal.

Dairy Standards

All dairy products served in DCPS schools by OFNS, or vendors contracted by OFNS, must meet the following criteria:

- Milk must be skim or no more than 1% fat;
- Milk cannot contain added sweeteners or artificial flavorings; and
- Cheeses and yogurts must be low fat.

Grain Standards

All grain products served in DCPS schools by OFNS, or vendors contracted by OFNS, must meet the following criteria:

- 75% of grain products served must be at least 75% whole grain or higher; and
- All grain products must contain at least 50% whole grain.



Produce Standards

All produce served in DCPS schools by OFNS, or vendors contracted by OFNS, must meet the following criteria:

- Fresh fruits and vegetables shall be offered daily;
- On average throughout the year, 20 percent, by cost, of all food ingredients and products used in the making of the meals must be either locally-grown and/or locally-processed¹;
- All subgroups of vegetables will be served in accordance with USDA regulations;
- Fruits and vegetables are preferably fresh or frozen and must not be contained in anything other than water or natural fruit juice; and
- Only 100% fruit juice may be served.

¹ Locally-grown, as defined by the District of Columbia Healthy Schools Act of 2010, means a from a grower in: Delaware, the District of Columbia, Maryland, New Jersey, North Carolina, Pennsylvania, Virginia, or West Virginia. Locally-processed, as defined by the District of Columbia Healthy Schools Act of 2010, means a processed at a facility in: Delaware, the District of Columbia, Maryland, New Jersey, North Carolina, Pennsylvania, Virginia, or West Virginia.